

# NutraLife AI

## User Guide



# What is NutraLife AI™

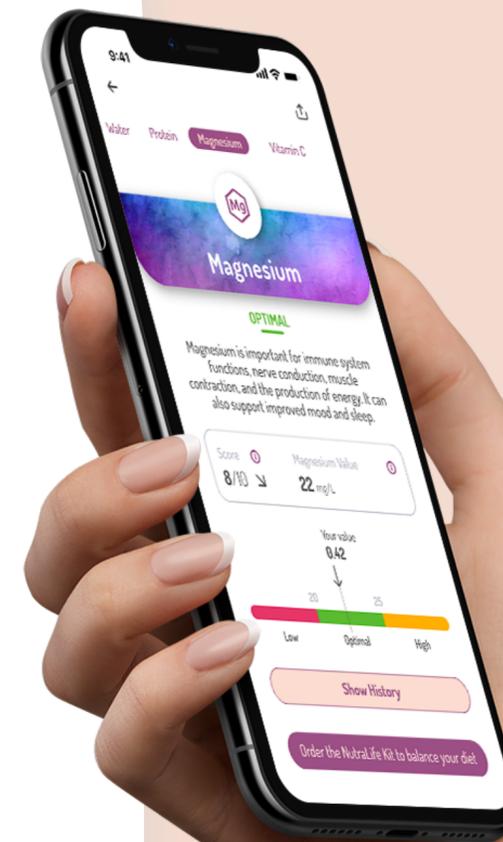
NutraLife AI™ gives users a powerful way to better understand their wellness. It combines the insights of at-home urine testing through BioStrips™ with a powerful, generative Artificial Intelligence that interprets, reports, and tracks your results, and provides personalized wellness advice week after week.

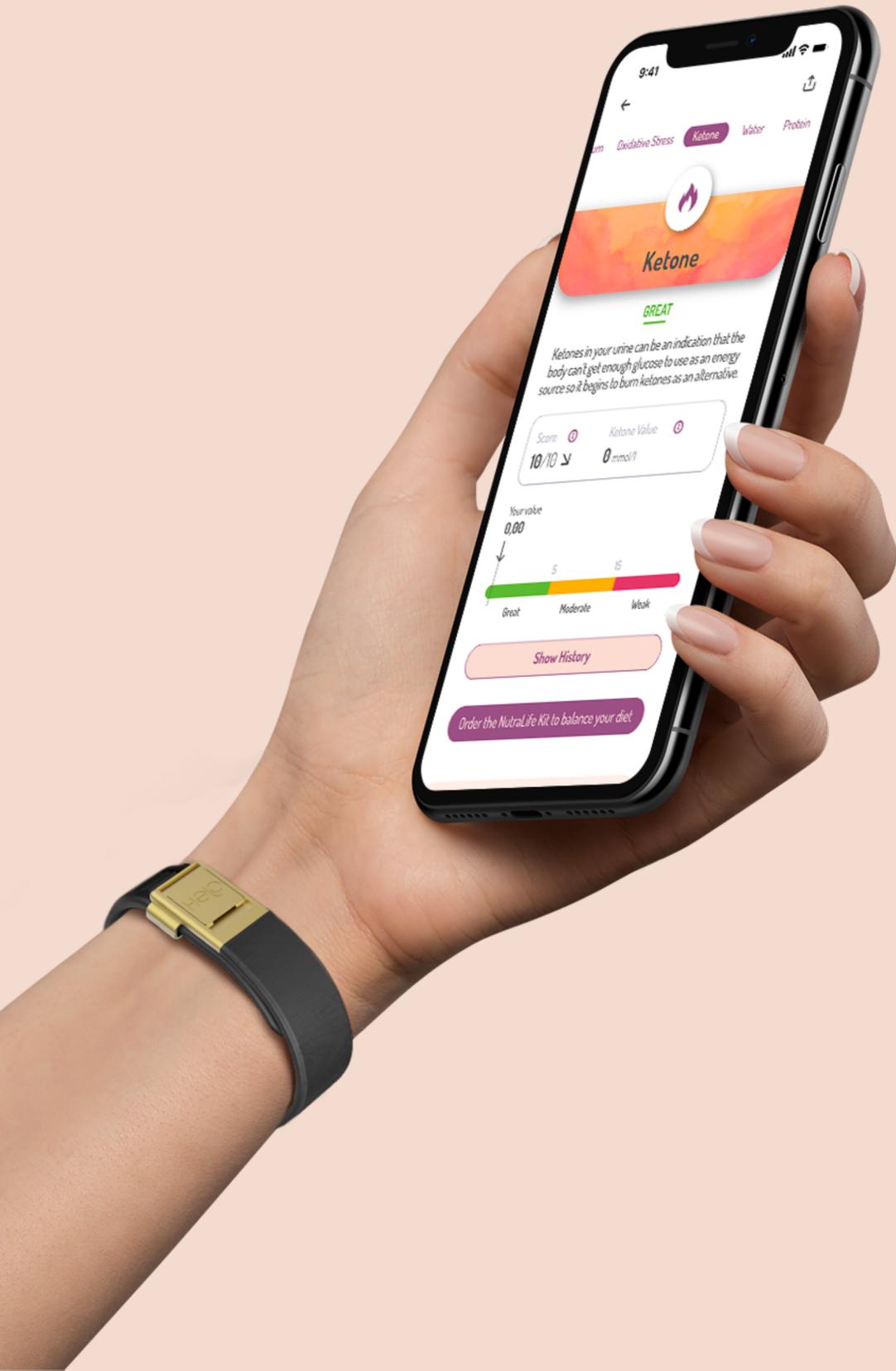
In a matter of seconds, NutraLife AI™ is able to analyze **10** important aspects of your health based on bio-data in your urine:

- Calcium
- Ketones
- Water
- Protein
- Magnesium
- pH
- Vitamin C
- Sodium
- Oxidative stress
- Glucose

Each **BioStrip™** has a series of colored boxes, and each box reacts in predictable ways to chemical markers in your urine. These reactions can be detected, analyzed, and reported. Use a BioStrip™ weekly to closely monitor your bio-data, and to see progress and understand what's working.

Once your BioStrip™ test is complete, you submit a photo of it through the **NutraLife AI™ App**. As soon as you do, our proprietary generative AI applies machine learning to process your data. In seconds, you'll have a full, real-time report of what's happening in your body.



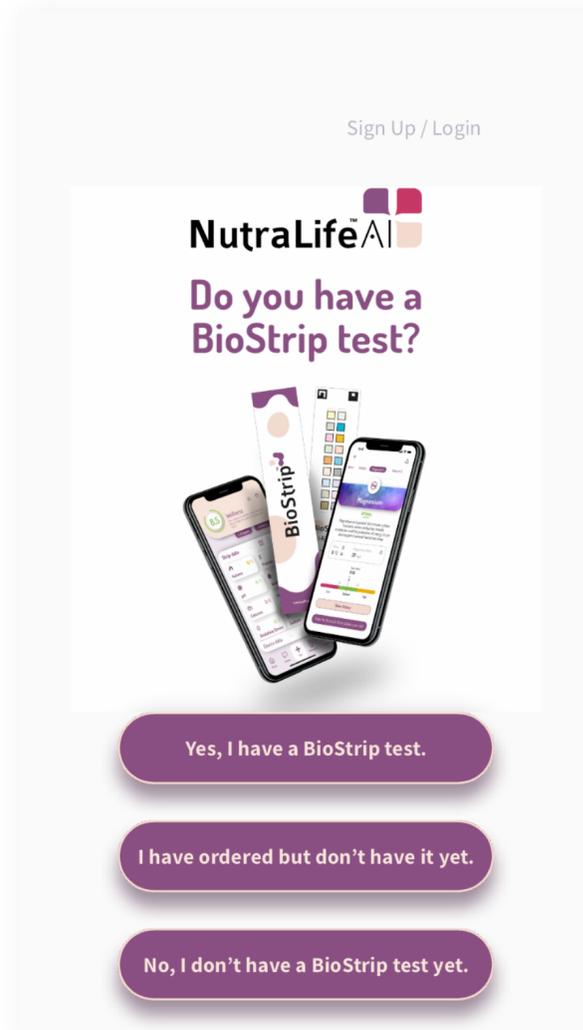


# How to sign up to NutraLife™ and create / edit your profile.



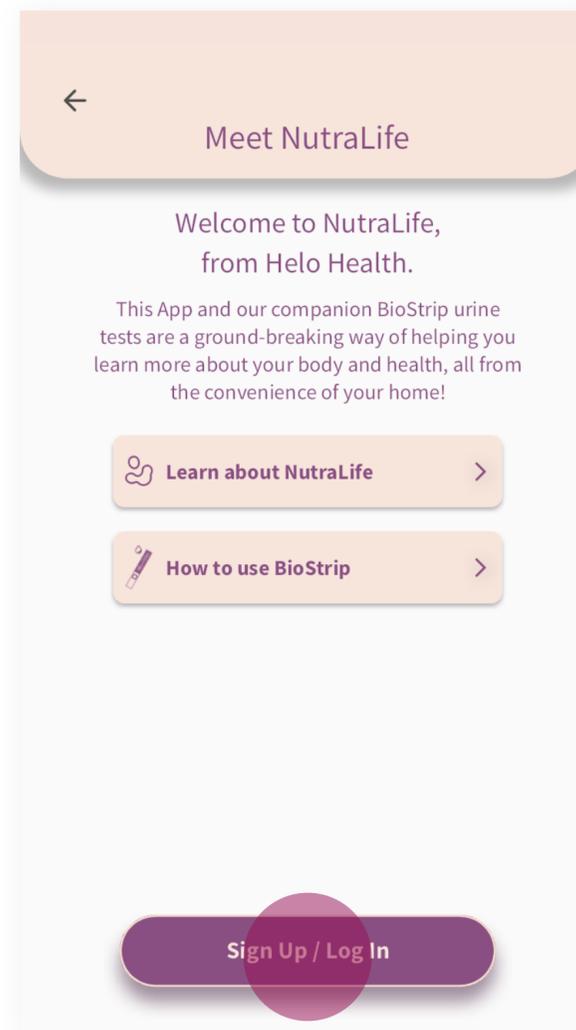
1. Open the NutraLife™ App. You can choose between three options to start:

- **Yes, I have a BioStrip™ test.**
- **I have ordered but don't have it yet.**
- **No, I don't have a BioStrip™ test.**



Depending on your choice, you'll be directed to your appropriate welcome page where you can "**Sign Up/Log in**". Click on it.

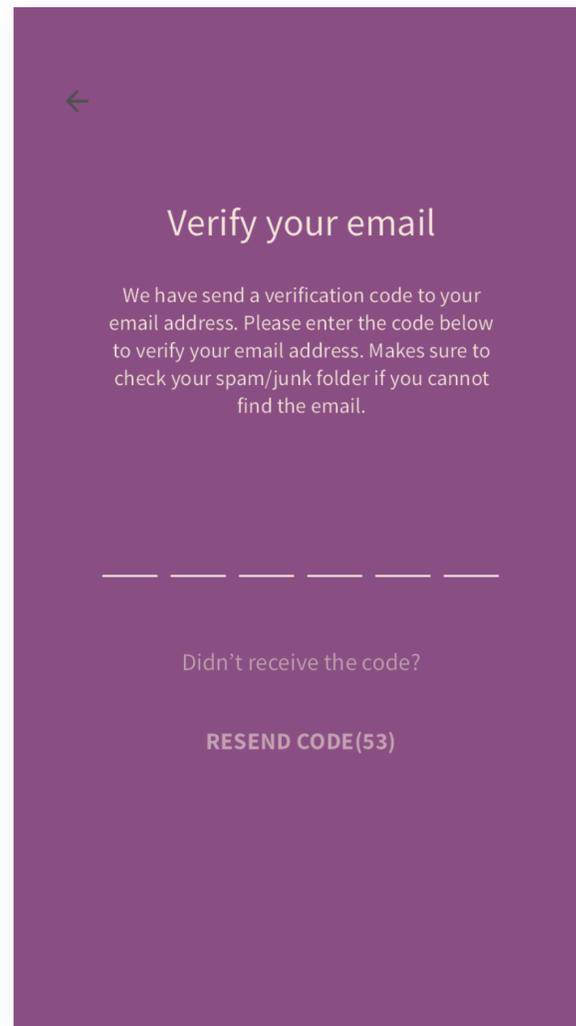
*If you select "Yes, I have a BioStrip™ test." You'll be redirected to the Log in page.*



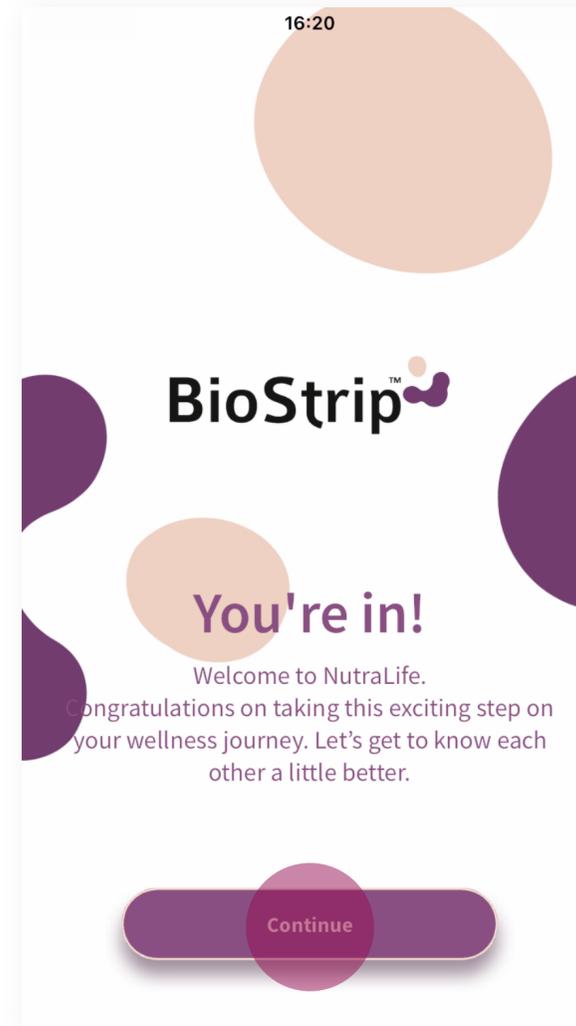
2. Check the **Terms of Service and Privacy Policy**, insert your email in the field and click **Continue**.



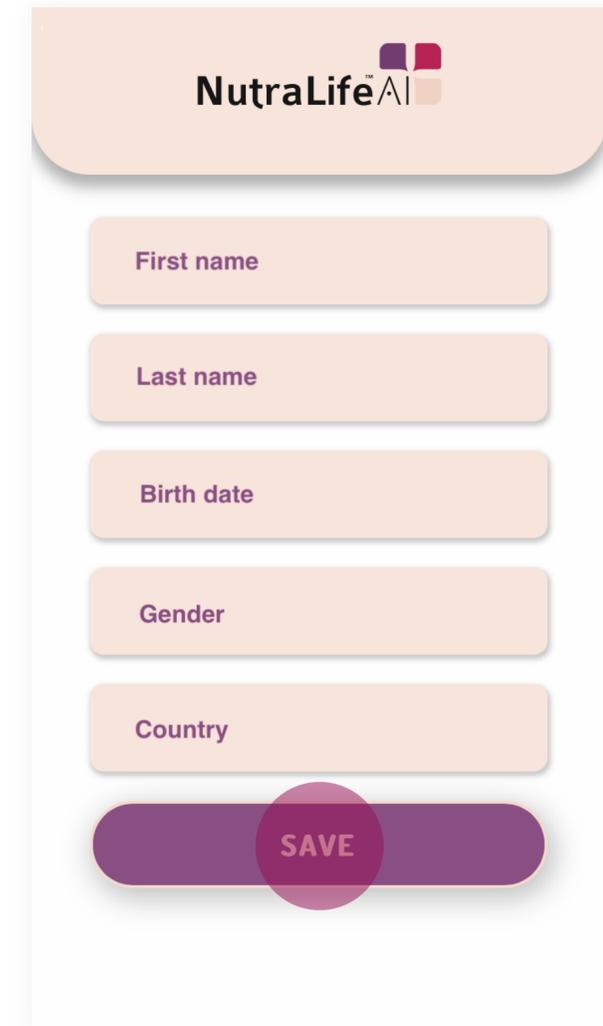
**3.** Enter the **OTP (one time password)** you received in your email.



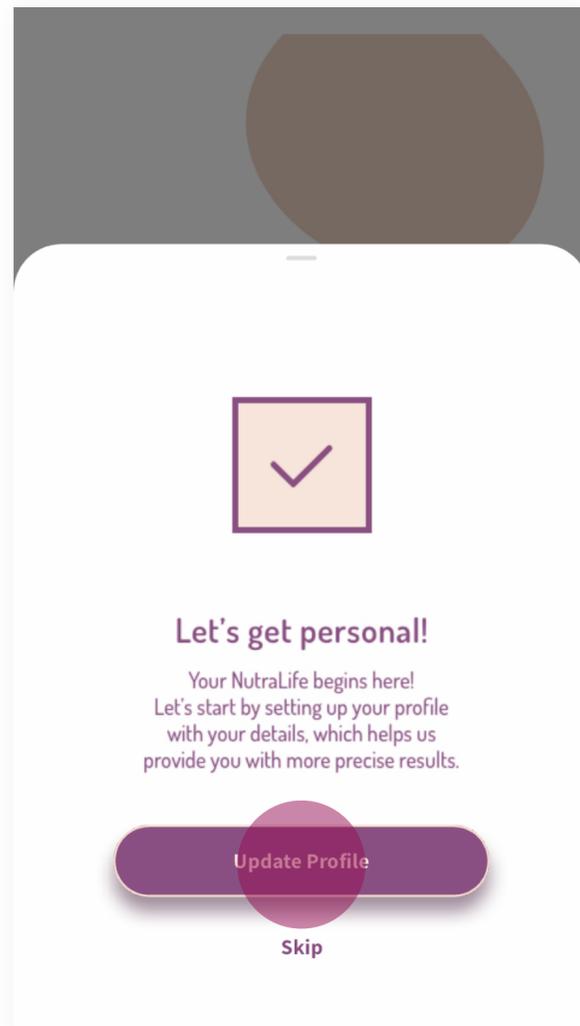
**4.** On the welcome page, click on **“Continue”**.



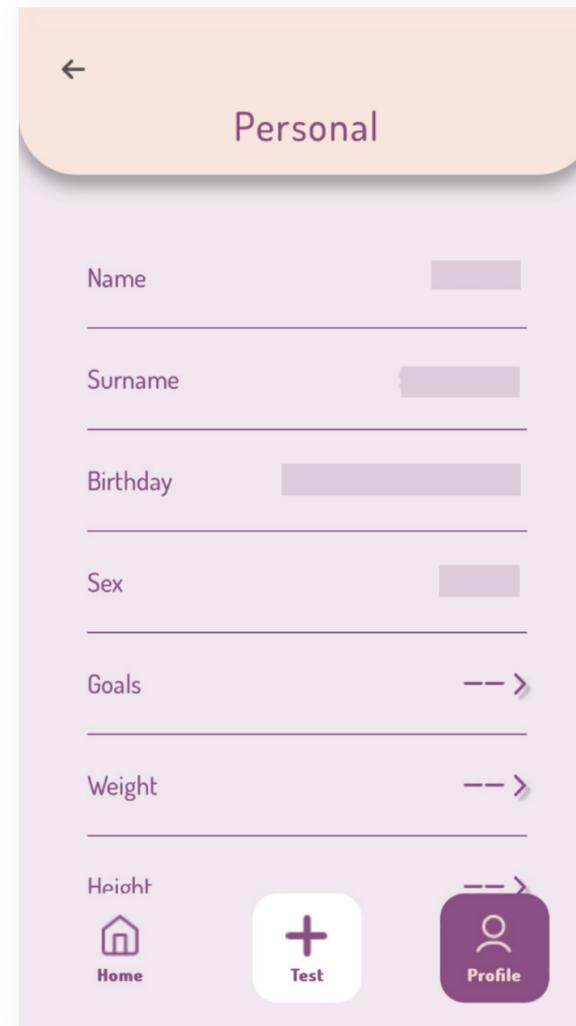
**5.** Insert your data in the **“Your data”** page. Once you have completed the form, click **“Save”**.



**6.** You can now set up your profile by clicking “**Update Profile**”. You can also skip this step.



**7.** If you accepted to update your profile, you'll be redirected to the **Personal** page, where you can add or edit your personal data settings:



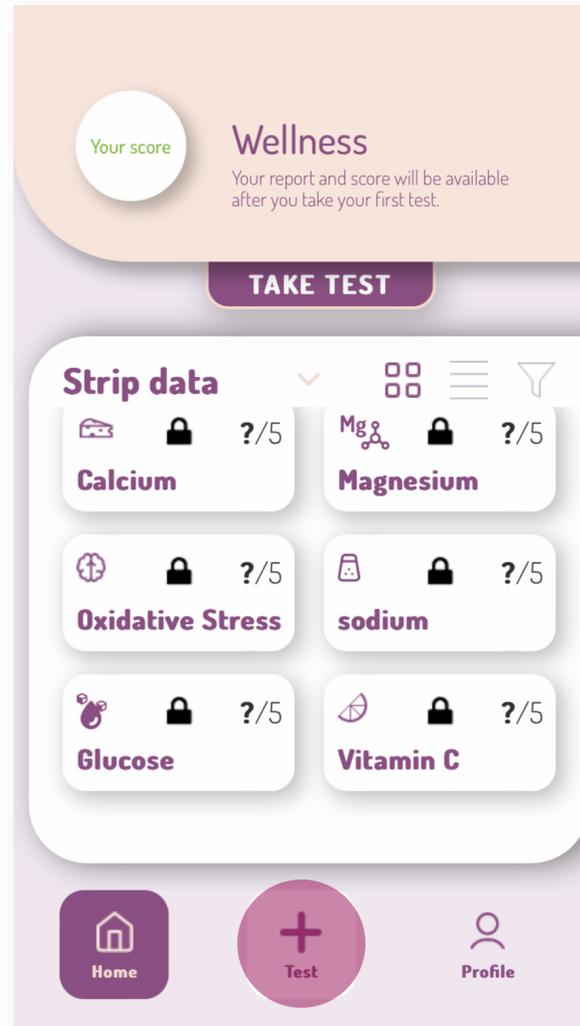
- Name
- Surname
- Birthday
- Sex
- Goals
- Weight
- Height
- Activity level
- Alcohol Consumption
- Cigarette use
- Chronic diseases and conditions
- Food Restrictions
- Eating Habits

*If you skipped setting up your profile, you can go back and update it any time by going to the home page, select **Profile** (first icon on the right side) > **Settings** > **Personal**.*

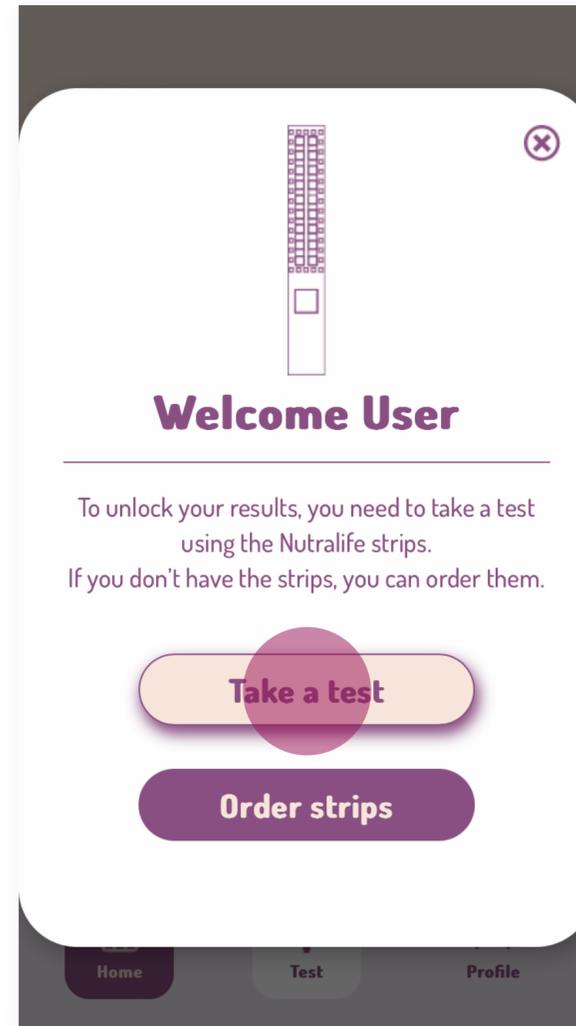


# How to use a BioStrip™.

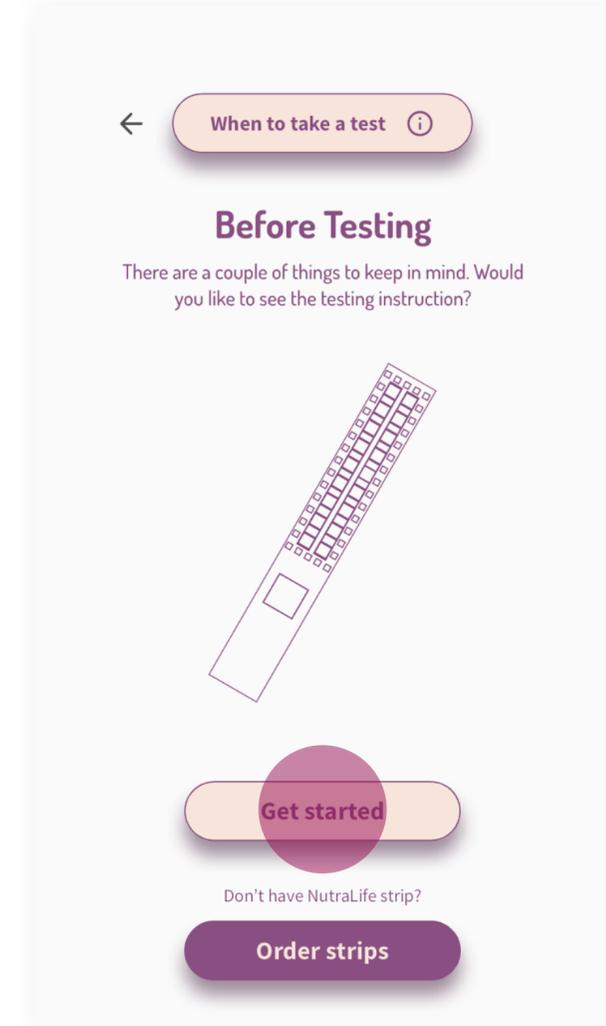
1. Log in to your NutraLife AI™ App and click **Test**



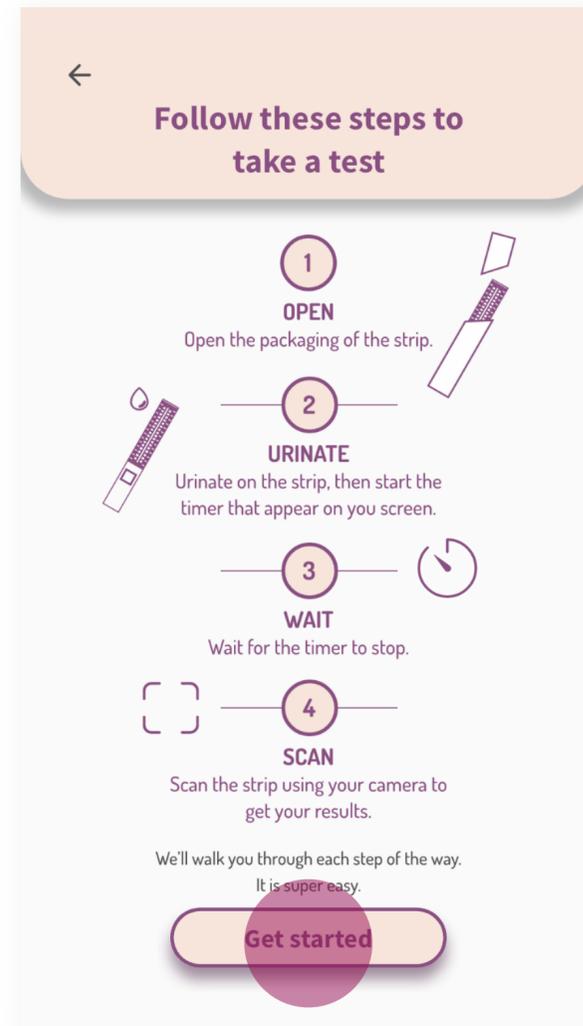
> **Take a test**



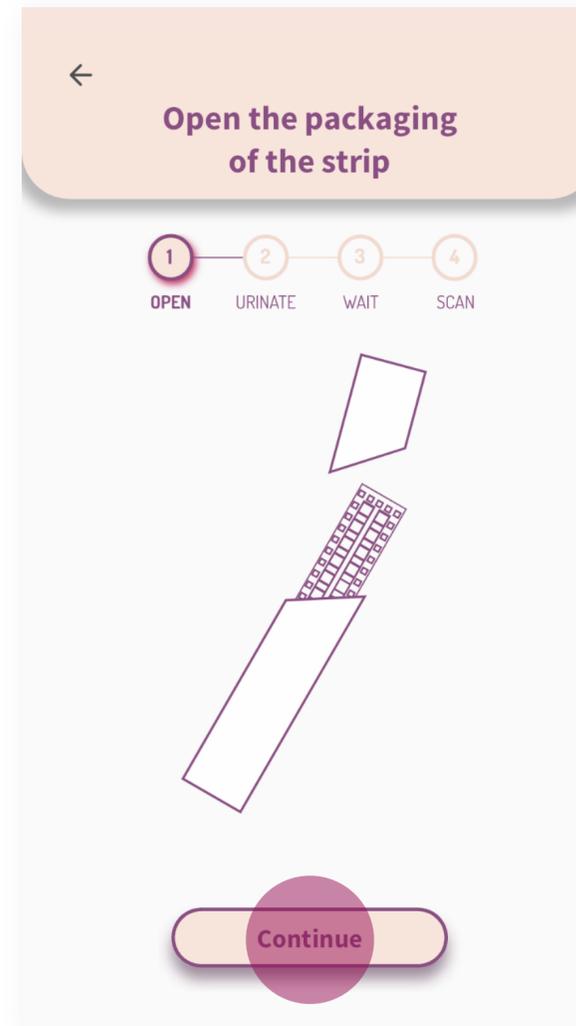
> **Get started.**



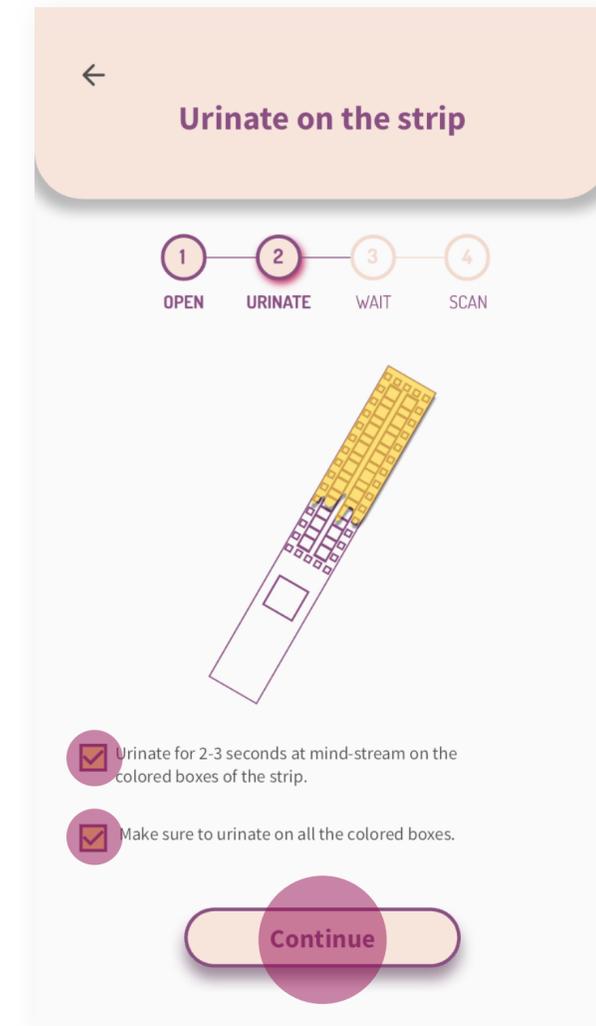
2. Read all the steps displayed on the screen. When ready, click on “**Get started**”.



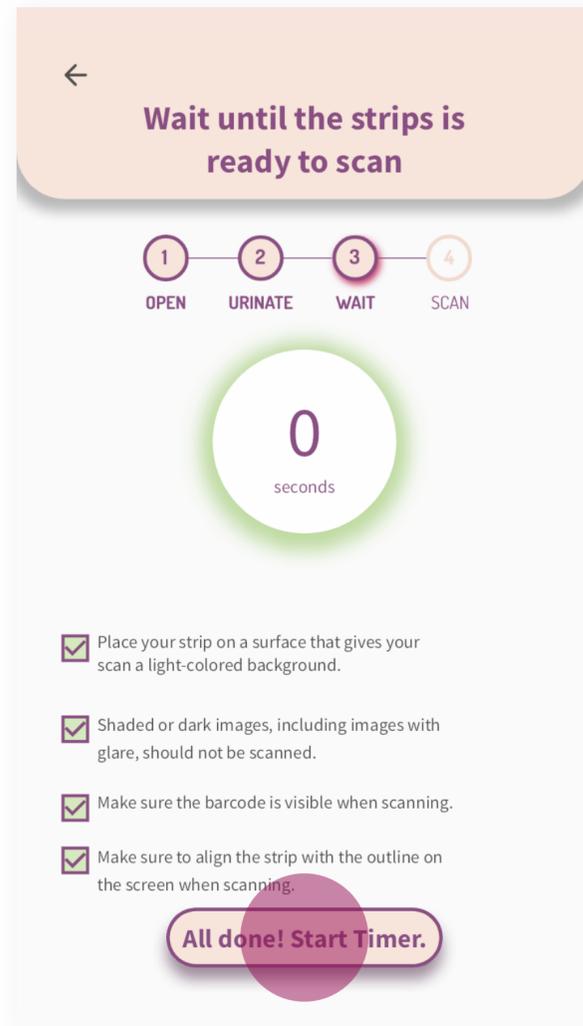
3. Open the strip packaging and click “**Continue**”.



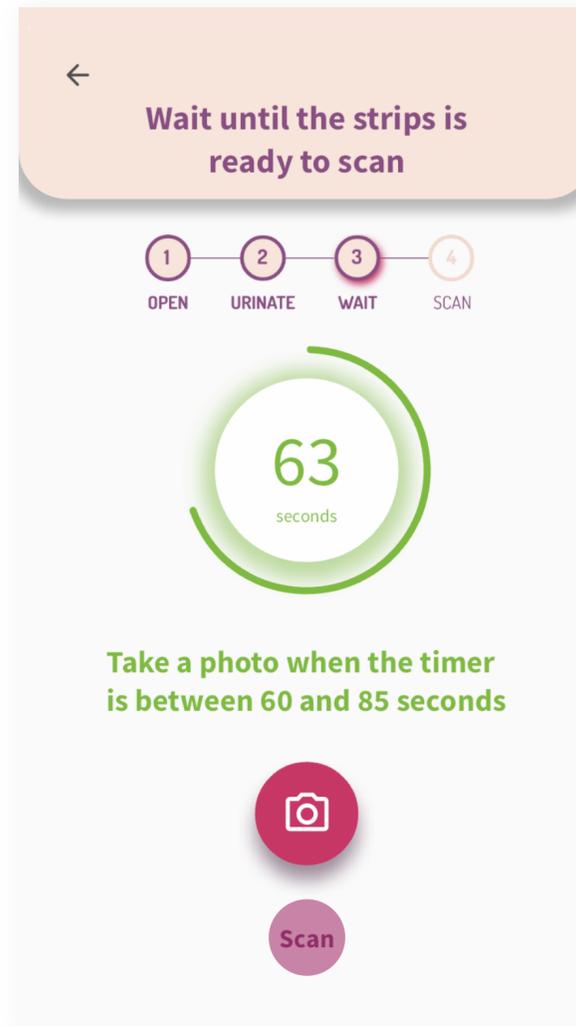
4. Urinate on the strip for 2-3 seconds, making sure to cover all the colored boxes. Check both options displayed on the screen to activate the “**Continue**” button. Click on it.



**5.** Read the suggestions displayed on the screen and check each one to ensure an optimal result and to activate the “**All done! Start timer.**” button. Click on it. The timer will start.

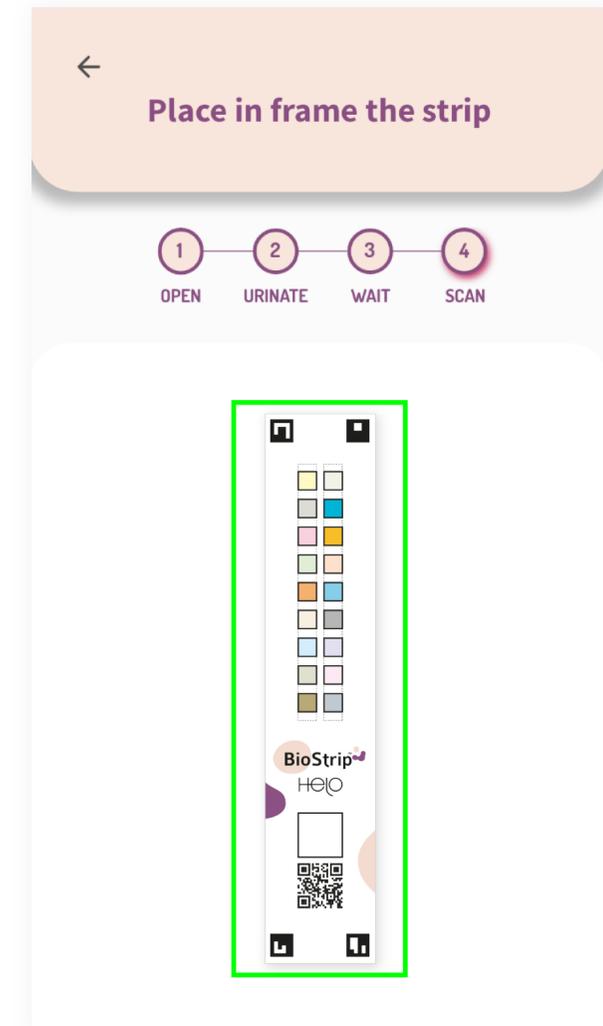


**6.** Wait for the timer to reach at least **60 seconds** to activate the “**Scan**” button. Click on it to turn on the camera.



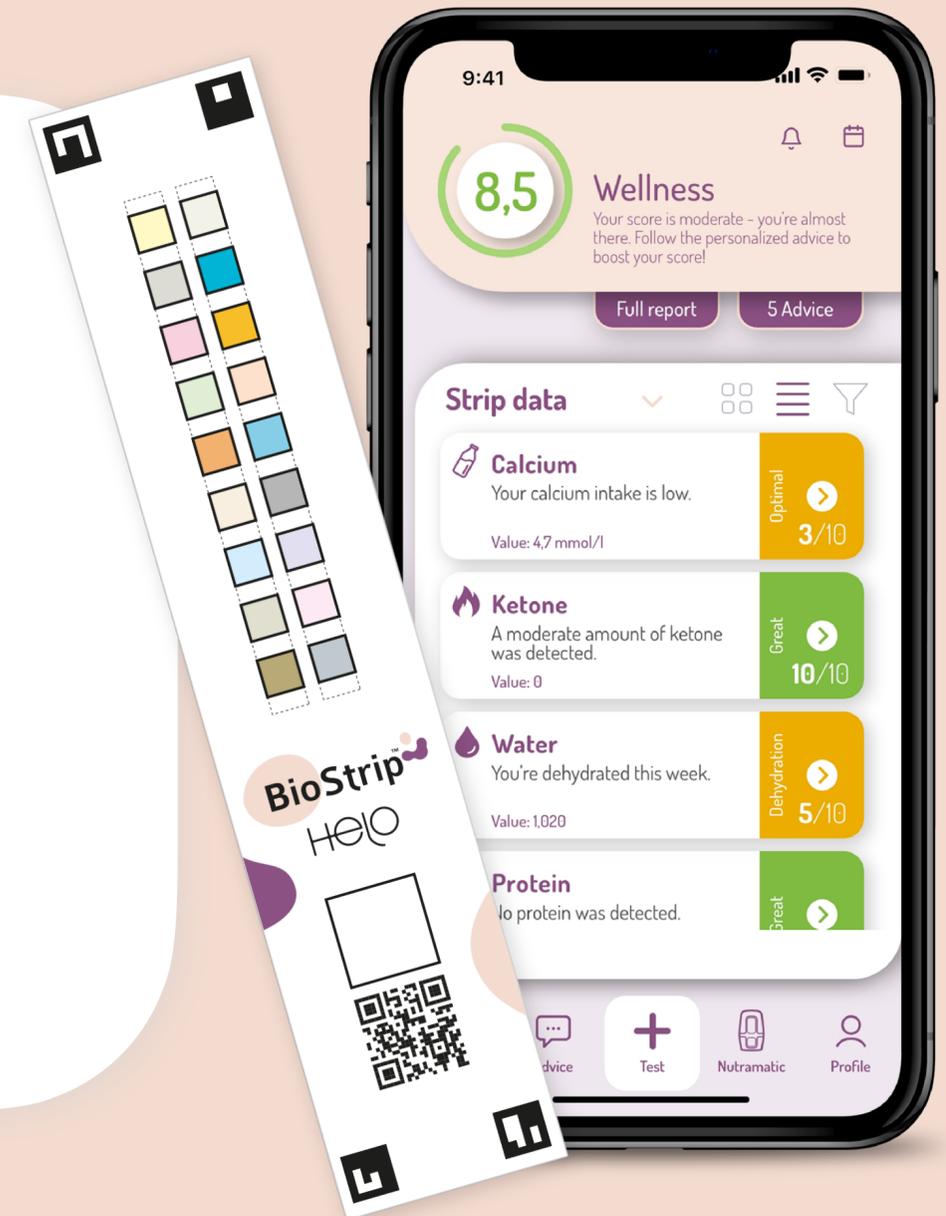
**7.** Place the BioStrip™ within the frame to capture the image.

*Your results will appear on the screen as soon as the analysis is complete.*



# BioStrip™ usage tips.

- You should complete a test with the BioStrip™ within 5 minutes after opening the strip package, as contact with air, humidity, and temperature may deteriorate the strip and impact results.
- BioStrips™ have a shelf life of 18 months after production. After 18 months, the results can be unreliable. You can find the expiration date on the backside of the BioStrip™ package and on each strip.
- We recommend you scan the BioStrip™ by using your smartphone camera, for faster and more accurate results. iPad and webcams are not recommended.
- During menstruation, do not urinate on the strip at the beginning of your stream. Wait a few seconds. A high blood count could affect the urine values.



# Do you need more info?

Empower yourself today by visiting the NutraLife™ section of Helo Info Center. Unlock the secrets to a healthier lifestyle with articles, tutorials, and tips to well-being with NutraLife™ and BioStrip™.

Your journey towards optimal health begins here. Click below to explore a world of wellness!

[Visit NutraLife™ Info Center](#)



